

# Adults 60+ Recreation and Services Guide

Fall 2019





# Content

Arts and Enrichment.....	4-9
Trips.....	10-11
Technology .....	12-15
Fitness and Sports.....	16-23
Wellness .....	24-25
Support Resources .....	26-29
General Information .....	30
Registration Form .....	31



## Recreation and Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high-quality recreational and leisure opportunities in safe, modern and well-maintained parks and facilities.

## Stay Informed

[www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter)

Email: [seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov)

240-314-8800



[Facebook.com/rockvilleseniors](https://www.facebook.com/rockvilleseniors)



[Twitter.com/rockvillerec](https://twitter.com/rockvillerec)



[Instagram.com/rockvillerec](https://www.instagram.com/rockvillerec)

## Prices Key:

Prices are listed as:

Senior Center Member/Non-Member



# Welcome

## Rockville Senior Center Hours

Monday-Friday, 8:30 a.m.-5 p.m.

Saturday, 8:30 a.m.-1 p.m.

## Fitness Center Hours

Monday-Thursday, 7 a.m.-8 p.m.

Friday, 7 a.m.-7 p.m., Saturday, 7 a.m.-4 p.m.

**Main Line/Registration:** 240-314-8800

**Directions:** 240-314-5019

**Bus Transportation/Lunch Reservations**

240-314-8810

## Center Membership Fees

\$40/year: Rockville residents

\$135/year: nonresidents; \$65: spouse

## Fitness Center Membership Fees

\$90/year (must be a Senior Center member)

Bridget Donnell Newton, Mayor

Councilmembers

Beryl L. Feinberg, Virginia D. Onley, Mark Pierzchala

Robert DiSpirito, City Manager

Tim Chesnutt, Director of Recreation and Parks

Chris Henry, Deputy Director of Recreation and Parks

Andy Lett, Superintendent of Recreation

Steve Mader, Superintendent of Parks and Facilities

## Attention!

The pricing for all programs is priced as Senior Center members or nonmembers. Membership must be current on July 30 to receive discounts on classes. Unless another location is listed, all classes are held at the Rockville Senior Center.

## Building & Fitness Room Closures

**Mon., Sept. 2: Labor Day**

**Mon., Nov. 11: Veteran's Day**

**Thurs., Nov. 28 & Fri., Nov. 29: Thanksgiving**

**Wed., Dec. 25: Christmas Day**

## Registration Dates

(M): Senior Center Member registration begins **Tuesday, July 30**. Senior Center members receive a discount on programs.

(NM): Nonmember registration begins **Thursday, Aug. 1**.

## Any Questions?

Email us at

**[seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov)**

## Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8800. We ask that you inform us prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA coordinator at 240-314-8108; TTY 240-314-8137.



# Arts & Enrichment

## AAA CarFit

Back by popular demand! CarFit is program designed to be a quick, comprehensive check of how well you and your vehicle work together. A trained professional helps you complete a 12-point checklist. You must register and will be given an appointment time for you and your car. Call 240-314-8803. (Everyone who drives should do this program!)

Course	Day, Date	Time	Cost	Location
10643	Tu, 10/29	9:30 am-2:30 pm	Free	Back Parking Lot

## Art Appreciation

**NEW!**

Joan Hart, director of Museum One will join us for an in depth discussion pertaining to the importance of artists in the world of art. There is much to learn and discuss and these PowerPoint presentations will enlighten and entertain you.

**Renoir and Friends:** Often considered Renoir's greatest work of art, learn the intriguing story behind its creation. Who were his friends attending this timeless luncheon, including his future wife? How long did it take to paint and how did he achieve the rich variety of color? This presentation will answer these questions and explain his creative process and inspirations. Since its purchase by Duncan Phillips in the early 1920s "The Luncheon of the Boating Party" has been the jewel of the Phillips Collection. If interests warrant, a trip to the gallery will be planned for later.

Course	Day, Date	Time	Cost	Location
9803	Tu, 10/15	10:30 am-12 pm	\$6/\$9	Azalea

## Bangladesh Slide Show

**NEW!**

JoAnne Barron was invited to join friends in Bangladesh this past January. What would your reaction be if you were asked to go as she was? Join her to view a slide show about her wonderful experience. Presenter: Barron.

Course	Day, Date	Time	Cost	Location
10466	Tu, 10/8	10:30-11:30 am	Free	Azalea



**Did you know...** Senior center members receive a phone call invitation to the birthday party during their birthday month?



## Birthday and Anniversary Parties

Celebrate with a festive afternoon of lively entertainment and light refreshments. Mark your calendar for these special events, held in partnership with Rockville Seniors, Inc. **Registration is required at least one week prior to each party, based on availability.** Members and City of Rockville residents are free.

**October:** Entertainment by: Jesse Palidofsky

Sponsored by: Annie & Lewis Rhodes, Joan Schneider-Wilson, Pat & Kevin Relihan

Course	Day, Date	Time	Cost	Location
10585	W, 10/2	1:30-3 pm	Free/\$7	Carnation

**November:** Entertainment by: Mike Surratt

Sponsored by: Jane Smith, Nancy Webert

Course	Day, Date	Time	Cost	Location
10587	W, 11/6	1:30-3 pm	Free/\$7	Carnation

**December:** Entertainment by: Carnation Players Holiday Show

Sponsored by: Essex Bank

Course	Day, Date	Time	Cost	Location
10591	W, 12/4	1:30-3 pm	Free/\$7	Carnation

## Book Club

An in-depth discussion covering a broad spectrum of books, ranging from older classics to current best sellers. Books are selected by the group at each session. A moderator presents topics for discussion.

Course	Day, Date	Time	Cost	Location
10521	Th, 9/26 & 12/5	10 am-12 pm	Free/\$6	Board



## Bridge – Introduction to the Game

This short introductory class is designed for those who have no knowledge of the game of bridge. The session will cover the concepts of trick taking, trump suit and bidding.

**NEW!**

Course	Day, Date	Time	Cost	Location
10595	Tu, 9/17&9/24	1-3 pm	\$26/\$32	Lounge

## Bridge – Beginner I

Fun and instructive class for those who would like to learn the game of bridge. Classes start with a lesson and finish with supervised play. Topics include the 2 over 1 bidding system and the play of cards while learning the basics and foundations of the game. Completion of Introduction to Bridge or equivalent required.

**NEW!**

Course	Day, Date	Time	Cost	Location
10621	Tu, 10/15-12/3	1-3 pm	\$81/\$100	Lounge

## Bridge – Supervised Play

Join us in the Senior Center Lounge to play, practice, and enhance your skills while the instructor is available to answer questions. Prerequisite: Beginner's Bridge I or a basic understanding of modern bidding. Please register by 10/31 unless filled by that date. No class 11/29.

**NEW!**

Course	Day, Date	Time	Cost	Location
10791	F, 11/1-12/6	11 am-1 pm	\$35/\$45	Lounge

## Carnation Players

Calling all characters! If you can sing, dance, play an instrument or want to be in a skit, we need you. The Players can't guarantee fame and fortune, but you'll have lots of fun. Group performs for center events and in the community. Get ready for the holiday show.

Course	Day, Date	Time	Cost	Location
10758	Tu, 9/24-12/3	3-4 pm	Free	Carnation

## Chess Club

Like chess, want to play? All levels welcome. Must be RSC member.

Course	Day, Date	Time	Cost	Location
10320	F, 9/6-12/20	10 am-12 pm	Free	Card

## English Class

Classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. Returning students should register for the class recommended by your teacher. New student placement is determined by assessment on 9/10, 9/11, 9/12, 10 a.m.-12 noon.

Course	Day, Date	Time	Cost	Location
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### English A - Just the Basics

10655	M,W, 9/9-11/13	10 am-12 pm	\$20/\$27	Azalea
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### Beginner - English 1

10656	M,W, 9/9-11/13	10 am-12 pm	\$20/\$27	Azalea
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### High Beginner - English 2

10657	Tu,Th, 9/10-11/14	10 am-12 pm	\$20/\$27	Arts&Crafts
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### Intermediate - English 3

10658	Tu,Th, 9/10-11/14	10 am-12 pm	\$20/\$27	Card Rm
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### Advanced - English 4

10660	M,W, 9/9-11/13	10 am-12 pm	\$20/\$27	Card Rm
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## English Conversation Class

Practice speaking English more confidently about everyday topics.

Course	Day, Date	Time	Cost	Location
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### Beginning Conversation

10728	Tu, 9/17-11/5	12:30-2:30 pm	\$14/\$18	Arts&Crafts
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### Advance Conversation

10730	Th, 9/19-11/14	12:30-2:30 pm	\$14/\$18	Sunroom
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## Guitar – Beginning and Continuing

Learn a new skill or refresh one long forgotten with this acoustic guitar course taught by Kevin Mittleman from the School of Music. Class covers basic strumming techniques, scales, melodies, basic theory and tips to get you playing. Students need a guitar and notebook. Acoustic guitars can be rented for \$40 a semester by calling 240-314-8820.

Course	Day, Date	Time	Cost	Location
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10795	W, 9/18-11/6	1:30-2:30 pm	\$99/\$125	Board
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### Reminder...

Don't forget registration begins:  
**July 30** for members. **Aug. 1** for non members.



# Arts & Enrichment



## Handbells

This is a fun course using color-coded lightweight hand bells and requires no previous musical knowledge. Each student will get to use one or two bells and the group together will play folk and some classical music. As the class progresses, we will learn chords. Practicing is not required. At the end of the session, we will give a short performance at the center. A \$10 music book fee is due at the beginning of the class for new participants.

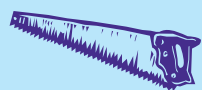
Course	Day, Date	Time	Cost	Location
10796	Tu, 9/17-11/5	2-2:50 pm	\$20/\$25	Board Rm

## Holiday Rounds

**NEW!**

Explore your inner artist using a unique medium. Customize your craft using wood and a variety of water-based stains, non-toxic acrylic paints and stencils on your holiday project. Your personalized 18-inch circular wood project can be kept to hang in your home or share as a holiday gift. \$30 payable on the day of workshop. \*Meet at the Hammer and Stain studio in Rockville Town Center or call 240-314-8810 for transportation to and from the Senior Center by Oct. 29.

Course	Day, Date	Time	Cost	Location
10786	Tu, 11/12	10:30 am-1 pm	\$5/\$10	*see above



### Did you know...

A Staff member is available in the wood shop on Thursdays from 10 a.m.-noon for machine questions.

## Holiday Side Dishes

**NEW!**

On occasions when you are invited to dinners with family and friends, wouldn't it be wonderful to bring a dish you prepared yourself? Come for inspiration and a meal composed of seasonal side dishes from both Europe and the United States. Chef Sheila will demonstrate on how to cook French gratin potatoes, Norwegian caramelized carrots and onions, American creamed spinach, European red cabbage, and American cranberry sauce— all in two hours time. Tasting included!

Course	Day, Date	Time	Cost	Location
10609	Tu, 10/15	4-6 pm	\$44/\$54	Kitchen

## Italian for Beginners

Classes are designed to make you feel more comfortable getting started with everyday conversation. Learn the fundamentals of the Italian language and start speaking with confidence. This class will include interactive activities.

Course	Day, Date	Time	Cost	Location
10768	M,W, 8/26-9/30	1-2:30 pm	\$55/\$70	Board Rm

## Painting on Glass – Holiday Style

**NEW!**

Come join the fun with Cathy Pasquarello, who will guide you through this easy process. Cathy will bring all the supplies and you bring the laughter and good cheer as we paint a large holiday plate, featuring either a circular holly design or snowflakes. Perfect for gift giving or to keep for yourself, this painting-on-glass class is suited for the beginner to expert artist. Maybe sample a cookie or two while the paint dries. \$15 payable to instructor at class.

Course	Day, Date	Time	Cost	Location
10751	Th, 12/5	10:30 am-12:30 pm	\$8/\$12	Arts&Crafts

## Piano Lessons

Learn fundamentals of rhythm, theory and note reading in a small class environment. Pianos are available for each person. \$10 material fee if new book is needed.

**Beginner:** A good place to start your musical journey, each student can learn at their own pace.

**NEW!**

Course	Day, Date	Time	Cost	Location
10797	Tu, 9/17-11/5	12:30-1:20 pm	\$99/\$125	Board Rm



**Beginner Continuing:** This class is for those who have taken at least one series of piano with our Senior Center instructor. The class covers keyboard, rhythms, and techniques.

Course	Day, Date	Time	Cost	Location
10798	Tu, 9/17-11/5	10:30-11:20 am	\$99/\$125	Board Rm

**Advanced Continuing:** Class is designed for those who read both musical clefs, play two hands simultaneously and understand theory. Prerequisite: students who have taken a continuing class at the Senior Center or meet the listed requirements.

Course	Day, Date	Time	Cost	Location
10799	Tu, 9/17-11/5	11:30 am-12:20 pm	\$99/\$125	Board Rm

## Piecemakers' Club

Come join our friendly group of quilters, share ideas and techniques, and keep current on the latest trends in quilting. Work on your own or join a group project.

Course	Day, Date	Time	Cost	Location
10752	M, 9/16-11/4	12:45-2:45 pm	\$9/\$12	Arts&Crafts

## Road Trip in New Zealand

**NEW!**

This presentation of the wonderful scenery and activities in New Zealand documents a two-week trip through the north and south islands in 2003. Rick Hildenbrand, our travel expert will have a presentation highlighting this fabulous country.

Course	Day, Date	Time	Cost	Location
10353	Th, 9/12	10:30 am-12 pm	\$3/\$5	Azalea

## Science Tuesdays

An engaging monthly presentation and conversation with a scientist, each meeting focusing on a different topic. No scientific background required, just curiosity. Co-sponsored by Rockville Science Center. Emails will be sent to inform you of each month's topic.

Course	Day, Date	Time	Cost	Location
10763	Tu, 9/11-12/10	1-2 pm	Free	Card Rm

## Smores and Wine

Enjoy an evening with wine, hors d'oeuvres and friendship! This is an outdoor event.

Course	Day, Date	Time	Cost	Location
10323	Tu, 10/1	4:30-6 pm	Free	Sr. Center Park

## Spanish for 60+

Classes are designed to make you feel more comfortable getting started with everyday conversation. Learn the fundamentals of the Spanish language and start speaking with confidence. Includes interactive activities.

Course	Day, Date	Time	Cost	Location
<b>Just the Basics</b>				
10766	Tu,Th, 10/1-10/31	12:30-2 pm	\$55/\$70	Board Rm
<b>Continuing</b>				
10767	M,W, 10/7-11/6	12:30-2 pm	\$55/\$70	Board Rm

## Second Fiddle – VPs Never President

The role of the vice president is simply to be prepared to take over if the president is unable. They also play an important role as the President of the Senate and could cast a tie-breaking vote. There have been 48 VPs in American history and many are forgotten since they never became president of the United States. Joan Adams will present this new series.

**Schuyler Colfax:** Colfax was the 17th VP of the U.S. He served in Grant's administration. He shifted his membership in various political parties. His undoing came with the Credit Mobilier Scandal. How did a campaign contribution lead to his demise?

Course	Day, Date	Time	Cost	Location
10735	M, 9/9	10:15-11:15 am	\$8/\$10	Card Rm

**Henry Wilson:** Grant's VP after Colfax left. Wilson also switched parties many times. He was part of the Whigs, Know-Nothings, Free-Soil and eventually the Republican party. His frustration with being the VP was not unusual.

Course	Day, Date	Time	Cost	Location
10737	M, 10/14	10:15-11:15 am	\$8/\$10	Card Rm

**William Wheeler:** William Wheeler became the 19th VP in 1877. He served under President Hayes. He ran on a platform of administrative integrity and civil service reform. Soon after his term in office, he retired from public life.

Course	Day, Date	Time	Cost	Location
10739	M, 11/4	10:15-11:15 am	\$8/\$10	Card Rm

# Arts & Enrichment

**Thomas Hendricks:** Hendricks had a extensive political career before becoming Cleveland's VP. His time as VP was short, he died less than nine months in his term. His stance on Reconstruction was politically strange.

Course	Day, Date	Time	Cost	Location
10740	M, 12/9	10:15-11:15 am	\$8/\$10	Card Rm

## Still Standing

This presentation includes photos and information about one- and two-room schoolhouses in Montgomery County and the stories they tell about the early days of public education. A surprising number of these schoolhouses still exist in the county. Discussion about the early history, including the long practice of school segregation – this practice was dubbed “separate but equal” – will be highlighted.

Course	Day, Date	Time	Cost	Location
10351	Th, 9/5	10:30 am-12 pm	\$6/\$8	Azalea Rm

## Stunningly Beautiful Music

The most stunningly beautiful music ever written and how to listen to it will have you experience music in a new way. Did you know your mind is designed to experience music? The overwhelming scientific evidence tells us that listening, playing, and experiencing music is one of the greatest things we can do for our mental and physical health. Dr. Harry N. Dunstan, the ever engaging and entertaining raconteur music historian, will guide you through the masterpieces in western civilization. You'll learn how to appreciate and apprehend musical works from major epochs of music history: Medieval, Renaissance, Baroque, Classical, Romance, and the 20th & 21st centuries.

Course	Day, Date	Time	Cost	Location
11205	Tu, 9/17-10/8	10:30 am-12pm	\$40/\$50	Lounge

## Sudoku Class

Sudoku is a logic-based, combination number-placement puzzle. We are learning the electronic version of the game so *please bring your smart phone!* Strategies will help master hard and expert puzzles. Basic experience is required.

Course	Day, Date	Time	Cost	Location
10611	Th, 10/3-10/31	10-11 am	\$3/\$6	Azalea Rm

## Veteran's Appreciation

**NEW!**

For this year's annual veterans recognition program, we travel to the the National Museum of the Navy for a guided tour. Located in Washington, D.C., it is the only naval museum that chronicles the history of the U.S. Navy from its creation to the present. Artifacts from the USS Constitution, Trieste, and USS Nimitz make the Navy Museum collection second to none. Please note that a photo ID is required to enter the building. Lunch will follow at a local restaurant. Activity is open to veterans and one guest or family member of a veteran. Fee includes charter transportation and lunch. Thank you to our sponsor: Collingswood Rehabilitation & Health Care Center.

Course	Day, Date	Time	Cost	Location
10789	Th, 11/7	9:30 am-3:30 pm	\$28/\$38	Glenview lot

## Time's 100 of the Century

**NEW!**

“Time” magazine looked at remarkable people of the 1900s and divided them into five categories. There are artists and entertainers, scientists and thinkers, leaders and revolutionaries, builders and titans, and heroes and icons. Discover some of these fascinating people, chosen for better or worse, who influenced the last 100 years.

**Albert Einstein:** Did you know that Einstein was to be named after his grandfather Abraham? Did you know that he didn't speak until he was 3? Find out more about this amazing man that was born with a “fat head.” Albert Einstein was “Time” magazine's Person of the Century.

Course	Day, Date	Time	Cost	Location
10753	M, 9/23	10:15-11:15 am	\$8/\$10	Card Rm

**Louis Armstrong:** “Satchmo” was born into a poor family in New Orleans. His grandparents were slaves. This amazing musician dropped out of school at age 11 to begin his career. How did he become a beloved musician and master of the trumpet?

Course	Day, Date	Time	Cost	Location
10755	M, 10/28	10:15-11:15 am	\$8/\$10	Card Rm

**Did you know...** Members can borrow from an extensive list of DVD movies at the front office.





## Tuesday Supper Clubs

**Catered Dinner and Entertainment**

**Tuesday, Oct. 22**

5-7 p.m., \$16/\$26, Register #9614

**Tuesday, Dec. 10**

5-7 p.m., \$22/\$32, Register #9615

**David Ben-Gurion:** Born in Poland, David became the founder of the State of Israel. He was the first and third prime minister of Israel and he changed history. He worked for the betterment of society and was honored by "Time" Magazine as one of the 100 people that made a difference in the 1900's.

Course	Day, Date	Time	Cost	Location
10756	M, 11/18	10:15-11:15 am	\$8/\$10	Card Rm

**Rachel Carson:** Born in Pennsylvania but spent much of her life in Maryland. During the depression she worked as a junior aquatic biologist. She received her masters in zoology from Johns Hopkins University. Did you know that she wrote for the "Baltimore Sun" at one point?

Course	Day, Date	Time	Cost	Location
10757	M, 12/23	10:15-11:15 am	\$8/\$10	Card Rm

## Watercolor Classes

Val Fry, our popular watercolor teacher, has a background in art and art therapy, and is active in art organizations throughout the state. Fry's wealth of experience in the medium means her classes fill quickly. No class: 10/15 or 10/17.

**Beginner:** This class introduces the basics of color, brush handling, composition and technique. The class emphasizes creative expression and developing your own unique style. A supply list will be available at Senior Center Information Desk.

Course	Day, Date	Time	Cost	Location
10339	Tu, 9/10-11/5	10 am-12 pm	\$95/\$115	Blossom

**Intermediate:** For participants with some watercolor experience. Class focuses on composition, color harmony and movement, and explores color mixing, splattering, wet into wet and other techniques.

Course	Day, Date	Time	Cost	Location
10340	Tu, 9/10-11/5	1-3 pm	\$95/\$115	Blossom
10342	Th, 9/12-11/7	1-3 pm	\$95/\$115	Blossom

**Advanced:** For the experienced painter. Class encourages participants to simplify design plans while looking at more abstract shapes, contrasts and emotions. Emphasis is on building use of color, composition and your own unique style.

Course	Day, Date	Time	Cost	Location
10341	Th, 9/12-11/7	10 am-12 pm	\$95/\$115	Blossom

## Wood Shop-Christmas Tree

**NEW!**

"Christmas Trees For Sale," made of wood and made by you! The wood shop will be buzzing getting ready for the holidays with this simple wooden tree. A sample photo and supply list will be available at the Senior Center Information desk prior to the class.

Course	Day, Date	Time	Cost	Location
10615	M, 12/9	10 am-12:30 pm	\$10/\$15	Woodshop

## Get Your Flu Shot...

**Members:** Tuesday, Sept. 24, 10 a.m.-1 p.m.

**Nonmembers:** Thursday, Oct. 10, 10 a.m.-1 p.m.





## TRIP REGISTRATION: In-Person Lottery

Thursday, Aug. 15 • 10:30 a.m.

Senior Center members: Numbers distributed in random order, 10:15 a.m.

Friday, Aug. 16

Nonmembers: Registrations accepted at Senior Center only.

Individuals may register for themselves and one other person.

*When you travel with the Senior Center, you can relax and leave the driving and parking to us. Travel in the comfort of a chartered bus, equipped with restrooms. It's a great way to meet new people or create memories with old friends.*

*Hurry! Trips tend to sell out quickly, so don't delay.*

**Call 240-314-8800 for more information.**





## Annapolis Trolley & More

**NEW!**

Fall is the perfect time for us to take a trolley tour of Annapolis. Our tour will include the historic district, the 18th century brick houses and the domed Maryland State House. On Church Circle, see St. Anne's Episcopal Church, with Tiffany glass windows, and the sprawling waterfront grounds that house the U.S. Naval Academy. The tour includes other parts of Annapolis not seen on a usual outing. After the tour we're off to waterfront Severn Inn for a delicious lunch, which you purchase on your own. Trip includes tour, leadership, and charter bus transportation. Meet at Glenview Mansion lower parking lot, 603 Edmonston Dr.

Course	Day, Date	Time	Cost	Location
10754	Th, 9/26	9 am-3:30 pm	\$45/\$55	Glenview lot

## Annie at Riverside

**NEW!**

The sun will come up in Fredericksburg as we travel to see the 20th Anniversary Broadway Revival and National Tour of "Annie," starring Sally Struthers as Miss Hannigan, at Riverside Center. This classic musical, set in the 1930s, will have you toe tapping and singing along. Enjoy a table-side lunch prior to the show. Trip includes charter bus transportation, lunch, leadership and show. Meet at Glenview Mansion lower parking lot, 603 Edmonston Dr.

Course	Day, Date	Time	Cost	Location
10800	F, 10/11	9:30 am-6 pm	\$85/\$95	Glenview lot



**Check the monthly newsletter for updates, special events and movies!**

## Fall in the Country

**NEW!**

The Bavarian Inn, located in Shepherdstown, West Virginia, overlooking the Potomac River, will be our destination for a delightful lunch in beautiful surroundings. The fall foliage should be at its finest as we travel through three states in a short amount of time. Order from a selected menu of German/Bavarian delicacies. Purchase your own meal and beverages. Trip includes charter bus transportation and leadership. Meet at Glenview Mansion lower parking lot, 603 Edmonston Dr.

Course	Day, Date	Time	Cost	Location
10790	Th, 10/31	10:30 am-4 pm	\$32/\$37	Glenview lot

## National Museum of the American Indian

**NEW!**

Located in downtown Washington, the American Indian Museum exhibits one of the world's largest and diverse collections of its kind. We will have a docent-led tour and then have time for further exploration on our own. The exhibits were designed to reflect the spirit and culture of Native American tribes and communities from across the hemisphere. You may want to sample the interesting menu in the Museum Café before returning home. Fee includes leadership and charter bus transportation. Purchase lunch on your own. Meet at Glenview Mansion lower parking lot, 603 Edmonston Dr.

Course	Day, Date	Time	Cost	Location
10352	W, 11/13	12-6:30 pm	\$30/\$36	Glenview lot

## Rockville Seniors, Inc. (RSI)

A 501(c)(3) established by Mayor and Council to assist in providing financial support for the Rockville Senior Services. Volunteer opportunities are available to support RSI's fundraising activities.

For more information, visit:

[www.rockvillemd.gov/boardsandcommissions](http://www.rockvillemd.gov/boardsandcommissions)

## Computers: Save & Find Documents

Can't find a file or photo you saved? Learn the Windows filing method. Topics include creating, naming and filing folders, saving files to backup disks and creating and/or deleting a desktop shortcut. Instructor: Martin

Course	Day, Date	Time	Cost	Location
10620	Tu, 11/19	1-3 pm	\$7/\$13	Comp. Lab

## Using Function Keys

Function keys have a variety of different uses or no use at all. See how function keys improve how you work with your computer. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
10641	M,W,10/14-10/16	1-3 pm	\$15/\$25	Comp. Lab
10642	M,W,11/18-11/20	10 am-12 pm	\$15/\$25	Comp. Lab

## Using Right Click-Left Click

Understand your mouse and discover how to find, move, copy and save files and pictures. Create or delete shortcut icons on your desktop, emails and documents. Instructor: Martin

Course	Day, Date	Time	Cost	Location
10638	W, 11/13	1-3 pm	\$7/\$13	Comp. Lab
10636	Tu, 12/17	1-3 pm	\$7/\$13	Comp. Lab

## Windows PC Backup

When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
10510	Tu, 10/1	10 am-12 pm	\$15/\$25	Comp. Lab
10511	W, 11/6	10 am-12 pm	\$15/\$25	Comp. Lab

## Maintaining Your Computer

Does your system have frequent pop-up messages? Does it take a while to start up or shut down? These tips help improve performance and answer questions that puzzle you about your computer. A \$3 handout fee is payable to instructor at first class. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
10651	Tu,Th,10/22-10/24	1-3 pm	\$15/\$25	Comp. Lab

## Microsoft Excel

Learn how to enter data, create a basic worksheet from data, and design, develop, format and manipulate spreadsheets with MS Excel. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
10733	M,W, 10/7-10/16	10 am-12 pm	\$27/\$34	Comp. Lab
10734	M,W, 11/18-11/27	1-3 pm	\$27/\$34	Comp. Lab

## Microsoft Excel II

After taking Microsoft Excel I, enhance your skills in chart formats and modify chart data; create and use advanced database features; work with multiple worksheets and workbooks. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
10736	M,W, 10/21-10/30	10 am-12 pm	\$27/\$34	Comp. Lab
10738	M,W, 12/2-12/11	10 am-12 pm	\$27/\$34	Comp. Lab

## Microsoft Word

Learn to line up text, collate a list and make documents look professional. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
10727	Tu,Th, 11/5-11/12	10 am-12 pm	\$27/\$34	Comp. Lab
10729	M,W, 12/2-12/9	1-3 pm	\$27/\$34	Comp. Lab

## Using Thumb Drives, Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and cut, copy and paste files from that drive to any other computer. It's important to have a backup. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
10601	M, 10/7	1-3 pm	\$7/\$13	Comp. Lab
10602	Tu, 11/19	10 am-12 pm	\$7/\$13	Comp. Lab
10603	Tu, 12/10	10 am-12 pm	\$7/\$13	Comp. Lab

## Windows 10 Laptop

With the rollout of Windows 10 on new laptops, learn how to navigate the newest Windows platform. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
10646	M,W, 11/25-11/27	10 am-12 pm	\$27/\$34	Comp. Lab
10648	M,W, 12/16-12/18	1-3 pm	\$27/\$34	Comp. Lab



## Android Basics

Take a look at many of the installed apps on your device, see pictures and video clips, and download and play games from the app store. Use the messaging app to communicate with your friends and more. Instructor: Hickman

### Phone

Course	Day, Date	Time	Cost	Location
10726	M,W, 10/21-10/23	1-3 pm	\$15/\$25	Comp. Lab
10659	Tu,Th, 11/26-11/28	10 am-12 pm	\$15/\$25	Comp. Lab

### Tablet

10654	M,W, 10/28-10/30	1-3 pm	\$15/\$25	Comp. Lab
10652	Tu,Th, 12/10-12/12	1-3 pm	\$15/\$25	Comp. Lab

## Avoiding PC Scams

Alert! Beware! Protect yourself from scams that are out there when using your computer on a daily basis. We will examine some of the many cons and scams that exist. From emails claiming to be from Microsoft, your bank or a well-known charity, learn the signs of deception. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
10590	W, 10/9	1-3 pm	\$7/\$13	Comp. Lab
10592	Tu, 11/26	1-3 pm	\$7/\$13	Comp. Lab

## Computer Trouble Tips

Learn basic troubleshooting techniques and solve your computer problems. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
10645	Th, 10/24-10/31	10 am-12 pm	\$15/\$25	Comp. Lab

## Copying Pictures to PC

Learn how to copy them to your computer. Make separate folders for all your groups of pictures. Email them to family and friends. Bring your charger and cord to class. Instructor: Hickman

### Phone Pictures to PC

Course	Day, Date	Time	Cost	Location
10614	Tu, 10/1	1-3 pm	\$7/\$13	Comp. Lab
10616	M, 11/4	10 am-12 pm	\$7/\$13	Comp. Lab
10617	M, 12/30	10 am-12 pm	\$7/\$13	Comp. Lab

### Tablet Pictures to PC

10610	Tu, 10/8	1-3 pm	\$7/\$13	Comp. Lab
10613	W, 11/13	10 am-12 pm	\$7/\$13	Comp. Lab
10612	Tu, 12/31	10 am-12 pm	\$7/\$13	Comp. Lab



## Did you know...

The Rockville Senior Center has a specialized computer lab that hosts 15 Window PC desktops.

## Email Fundamentals

Introductory session uses class accounts to learn the basics of sending, receiving, copying and saving emails. Instructor: Martin

Course	Day, Date	Time	Cost	Location
10627	Th, 10/17	1-3 pm	\$7/\$13	Comp. Lab
10628	Tu, 11/5	1-3 pm	\$7/\$13	Comp. Lab

## Facebook

Facebook is a social networking website with billions of subscribers. In this class, using the desktop or laptop, users will learn to create a Facebook account and a personal profile to connect with friends and family, find and connect with friends, post comments, share photographs and post links to news or other interesting content on the web. Learn how to join the world of Facebook as the instructor takes you on a new ride to social networking. Instructor: Hickman

### Facebook Beginner

Course	Day, Date	Time	Cost	Location
10519	F, 10/4	1-3 pm	\$9/\$13	Comp. Lab
10520	F, 11/1	1-3 pm	\$9/\$13	Comp. Lab
10574	F, 12/6	1-3 pm	\$9/\$13	Comp. Lab

### Facebook Intermediate

10575	F, 10/11	1-3 pm	\$9/\$13	Comp. Lab
10581	F, 11/8	1-3 pm	\$9/\$13	Comp. Lab
10582	F, 12/13	1-3 pm	\$9/\$13	Comp. Lab

## File Management

Learn how to copy, move, delete and rename files. Organize your work and find lost files. Make folders and get a better understanding of your profile. Instructor: Martin

Course	Day, Date	Time	Cost	Location
10639	Th, 10/10	1-3 pm	\$7/\$13	Comp. Lab

## Flip Phone Basics

Learn the basics about your flip phone. Get direction on what the icons mean on your screen and how to navigate through the buttons. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
10618	W, 10/2	10 am-12 pm	\$7/\$13	Comp. Lab
10619	Tu, 12/3	1-3 pm	\$7/\$13	Comp. Lab

## Fun w/Pics

Introduces drawing features in MS Word and Windows Paint program. Covers elementary manipulation of pictures and text in documents. Instructor: Martin

Course	Day, Date	Time	Cost	Location
10623	Th, 10/31	1-3 pm	\$5/\$9	Comp. Lab
10625	Th, 11/28	1-3 pm	\$5/\$9	Comp. Lab
10626	W, 12/11	1-3 pm	\$5/\$9	Comp. Lab

## Gmail basics

Log in and start exploring, organizational tools for your email. Check out new themes, send GIFs, find every photo you've ever sent or received, and search your account faster than ever.

Course	Day, Date	Time	Cost	Location
10632	Tu, 10/29	1-3 pm	\$7/\$13	Comp. Lab
10633	W, 11/6	1-3 pm	\$7/\$13	Comp. Lab
10634	Th, 12/19	10 am-12 pm	\$7/\$13	Comp. Lab

## How to Choose a Computer

Getting a new computer is an exciting experience. Unfortunately, that excitement can quickly wane if you find you didn't get the computer you need. Let us help you choose and evaluate your needs.

Course	Day, Date	Time	Cost	Location
10807	Th, 8/29	10:30 am-12 pm	Free	Azalea



### Stay Alert...

Sign up for [rockvillemd.gov/alerts](http://rockvillemd.gov/alerts) and receive alerts about important information in your community.

## iPhone & iPad Basics

Take a look at many of the installed apps on your device, see pictures and video clips, and download and play games from the app store. Use the messaging app to communicate with your friends and more.

### iPhone

Course	Day, Date	Time	Cost	Location
10513	F, 10/18	1-3 pm	\$15/\$25	Comp. Lab
10512	F, 11/15	1-3 pm	\$15/\$25	Comp. Lab
10514	F, 12/20	1-3 pm	\$15/\$25	Comp. Lab

### iPad

10515	F, 10/25	1-3 pm	\$15/\$25	Comp. Lab
10516	F, 11/29	1-3 pm	\$15/\$25	Comp. Lab
10517	M 12/30	1-3 pm	\$15/\$25	Comp. Lab

## Microsoft Paint

Microsoft Paint is a free drawing tool on your computer that can create or elaborate drawings. Use it for your desktop background, to paste in other documents, or to view and edit scanned photos. Instructor: Martin

Course	Day, Date	Time	Cost	Location
10622	Th, 10/3	1-3 pm	\$7/\$13	Comp. Lab

## Microsoft PowerPoint

Create a presentation using eye-catching features. Learn how to use built-in templates, themes, designs and background styles. Topics also include how to add titles, charts, tables and pictures. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
10731	Tu,Th 10/15-10/22	10 am-12 pm	\$27/\$34	Comp. Lab
10732	M,W, 12/16-12/23	10 am-12 pm	\$27/\$34	Comp. Lab

## PC Infections

Learn tips to ensure both you and your computer are protected against hackers, scammers and identity thieves. Learn to identify the signs and symptoms of malicious software. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
10584	Tu, 10/29	10 am-12 pm	\$7/\$13	Comp. Lab
10588	Tu, 12/17	10 am-12 pm	\$7/\$13	Comp. Lab



## PC New Users

This course familiarizes those new to computers (or afraid to learn) with the basic components of computers. Introduces everyday tasks like email, word processing and surfing the web. No experience required. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
10507	Th, 10/3	10 am-12 pm	\$15/\$25	Comp. Lab
10508	Th, 11/14	10 am-12 pm	\$15/\$25	Comp. Lab
10509	Th, 12/5	10 am-12 pm	\$15/\$25	Comp. Lab

## PC Voice Commands

Learn to set up your computer for Windows or speech recognition, create and edit documents or emails, launch applications, open files, control your mouse and more. Program requires Windows 7 or 8. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
10597	W, 10/2	1-3 pm	\$7/\$13	Comp. Lab
10599	Th, 11/7	1-3 pm	\$7/\$13	Comp. Lab
10600	Th, 12/12	10 am-12 pm	\$7/\$13	Comp. Lab

## Windows 10 Basics

Windows 10 has many new and updated options. The start menu, Cortana, Windows Store and Edge, which is a new browser. Learn to navigate these features and more. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
10649	Tu,Th, 10/8-10/10	10 am-12 pm	\$27/\$34	Comp. Lab
10650	Tu,Th, 11/12-11/14	1-3 pm	\$27/\$34	Comp. Lab

## Yahoo Mail Basics

Login and start exploring organizational tools for your email. Check out new themes, send GIFs, find every photo you've ever sent or received, and search your account faster than ever. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
10629	Tu, 10/15	1-3 pm	\$7/\$13	Comp. Lab
10630	M, 11/4	1-3 pm	\$7/\$13	Comp. Lab
10631	Tu, 12/3	10 am-12 pm	\$7/\$13	Comp. Lab

## Staff Spotlight



**Chris Veirs** has been with the Rockville Senior Center recreation classes and trip area for 28 years. She went to college for theater and since then uses her skills on a daily basis to entertain seniors with her wit and theatrical moves. If you've ever taken a trip with the Senior Center, you have met Chris Veirs. Her passion, dedication, laugh and dance moves are contagious. Her love for birds is incredible.

## ROCKVILLE SENIOR FITNESS CENTER

*It's the best time to be 60+ in Rockville!*

7 a.m.-8 p.m., Monday-Thursday • 7 a.m.-7 p.m., Friday • 7 a.m.-4 p.m., Saturday

**Fitness Center Membership Fees:** \$90/year (Must be a Senior Center member)

**www.rockvillemd.gov/seniorcenter • 240-314-8800**

### 30-Minute Yoga

Start your weekend energized and ready to go in only 30 minutes. This yoga class begins with a warm-up and ends with a relaxation period. Please bring a yoga sticky mat. Instructor: Owen

Course	Day, Date	Time	Cost	Location
<b>10433</b>	Sa, 9/14-11/9	11:15-11:45 am	\$35/\$44	Exercise Rm
<b>Mini Session</b>				

<b>10393</b>	Sa, 12/7-12/21	11:15-11:45 am	\$15/\$18	Exercise Rm
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### Abs and Back

The core is the key to better posture, better balance and better movement. This class focuses on the core through exercises using upper and lower abdominals, pelvic floor, obliques, buttocks and mid- and lower-back muscles. Most exercises are done on the floor; participants must be able to get up and down from the mat. Instructor: Owen

Course	Day, Date	Time	Cost	Location
<b>10438</b>	Tu, 9/10-11/5	5-5:45 pm	\$48/\$60	Exercise Rm
<b>Mini Session</b>				

<b>10398</b>	Tu, 12/3-12/17	5-5:45 pm	\$18/\$22	Exercise Rm
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### Aerobic Workout

Step up to the latest exercise designed for the active participant who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using basic dance movements with one foot safely in contact with the floor at all times. Class includes a mixture of oldies and current music. Instructor: Klopfer

Course	Day, Date	Time	Cost	Location
<b>10458</b>	Tu,Th, 9/10-11/7	11 am-12 pm	\$60/\$75	Exercise Rm
<b>10430</b>	W, 9/11-11/13	2:15-3:15 pm	\$38/\$48	Exercise Rm

#### Mini Session

<b>10418</b>	Tu,Th, 12/3-12/19	11 am-12 pm	\$30/\$38	Exercise Rm
<b>10467</b>	W, 12/4-12/18	2:15-3:15 pm	\$18/\$22	Exercise Rm

### Afternoon Yoga Flow

Calm your mind and body during this afternoon yoga flow class. Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. This class includes work done on the mat. Please bring a yoga sticky mat. Instructor: Ford

Course	Day, Date	Time	Cost	Location
<b>10462</b>	Tu,Th, 9/10-11/7	3:15-4:15 pm	\$75/\$94	Exercise Rm
<b>Mini Session</b>				

<b>10422</b>	Tu,Th, 12/3-12/19	3:15-4:15 pm	\$30/\$38	Exercise Rm
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### Annual Turkey Trot

To stay fit during the holiday season, join us for our annual Turkey Trot. Walk a mile through the Woodley Gardens neighborhood. For those participants who would like to burn off some extra calories, join us for a second mile. Please bring a canned food item to support our local food bank, or make a donation to the Senior Program Assistance Fund. Rain or shine.

Course	Day, Date	Time	Cost	Location
<b>10379</b>	Th, 11/21	10-11:30 am	Free	Exercise Rm

### Arthritis Foundation — Exercise

Designed by the Arthritis Foundation, this class uses gentle movements to help increase joint flexibility, range of motion, overall stamina and maintain muscle strength. Exercise can help ease pain and stiffness, as well as feelings of isolation and depression. Instructor: Owen

Course	Day, Date	Time	Cost	Location
<b>10459</b>	Tu,Th, 9/10-11/7	1-2 pm	\$60/\$75	Exercise Rm
<b>10431</b>	F, 9/13-11/8	1:15-2:15 pm	\$38/\$48	Exercise Rm

#### Mini Session

<b>10411</b>	Tu,Th, 12/3-12/19	1-2 pm	\$25/\$31	Exercise Rm
<b>10399</b>	F, 12/6-12/20	1:15-2:15 pm	\$18/\$22	Exercise Rm



**Meet the Wellness Coach...** Mondays and Wednesdays from 9:45-11:45 a.m in the Senior Center Fitness Room.

## Balance Matters

Balance exercises help improve stability, coordination, leg strength and posture. Exercises in this class help reduce the risk of falling and prevent injury to improve overall daily life. Instructor: Ohlandt

Course	Day, Date	Time	Cost	Location
11169	M, 9/9-11/18	10-10:45 am	\$38/\$48	Exercise Rm
10428	W, 9/11-11/13	12:10-12:50 pm	\$38/\$48	Exercise Rm
<b>Mini Session</b>				
10386	W, 12/4-12/18	12:10-12:50 pm	\$18/\$22	Exercise Rm

## Balance and Mobility Training

This class is designed to help improve your balance and reduce your risk of fall related injuries. It will cover joint mobility exercises to help increase circulation to maintain full body movement. Instructor: Khrolenko

Course	Day, Date	Time	Cost	Location
11208	Th 9/12-11/7	5:30-6:15 pm	\$38/\$48	Exercise Rm
11209	Sa, 9/14-11/9	11:15-12 pm	\$38/\$48	Exercise Rm

## Belly Dance Basics

Enjoy an expressive, exciting and energetic activity. Basic belly dance practices can stimulate the heart and lungs, loosen the hips and spine, and improve balance and core strength. Instructor: Ford

Course	Day, Date	Time	Cost	Location
10423	F, 9/13-11/8	10-10:45 am	\$38/\$48	Blossom
<b>Mini Session</b>				
10416	F, 12/6-12/20	10-10:45 am	\$25/\$31	Blossom



**Did you know...** Volunteers are available to take your blood pressure in the Senior Center health room on Mondays from 10 a.m.-noon

## Body Sculpt Workout

Work all your major muscle groups with the use of weights, bands and tubes. The instructor guides you through each movement. All exercises are appropriate for adults 60+. This class includes work on the mat. Instructor: Ramsey

Course	Day, Date	Time	Cost	Location
10437	F, 9/13-11/8	9-9:45 am	\$48/\$60	TFCC
<b>Mini Session</b>				
10404	F, 12/6-12/20	9-9:45 am	\$20/\$25	TFCC

## Caribbean Dance Basics

Learn how to dance salsa, cha cha, guaguancó and other Caribbean rhythms. Class begins with a slow warm-up, followed by instruction of basic steps. You combine the steps learned to create fun Caribbean dances performed to music. Instructor: Delgado-Alba

Course	Day, Date	Time	Cost	Location
10436	M, 9/9-11/18	11 am-12 pm	\$48/\$60	Carnation
<b>Mini Session</b>				
10394	M, 12/2-12/16	11 am-12 pm	\$20/\$25	Carnation

## Chair Exercise

This seated program is performed to music. Exercise patterns are designed for those with limited mobility to help develop strength, flexibility, endurance, and promote better circulation. Instructor: Ramsey

Course	Day, Date	Time	Cost	Location
10450	M,W, 9/9-11/18	11 am-12 pm	\$50/\$62	Exercise Rm
<b>Mini Session</b>				
10403	M,W, 12/2-12/16	11 am-12 pm	\$20/\$25	Exercise Rm

## Chi Gong (Qigong)

Chi Gong is a set of meditative exercises combining simple body movements, breathing and mental imagery. Direct the flow of your body's energy to help prevent disease and build strength. Instructor: Helfer

Course	Day, Date	Time	Cost	Location
10451	F, 9/13-11/8	11:15 am-12 pm	\$53/\$66	Blossom
10452	F, 9/13-11/8	12:15-1 pm	\$53/\$66	Blossom
<b>Mini Session</b>				
10401	F, 12/6-12/20	11:15 am-12 pm	\$20/\$25	Blossom
10402	F, 12/6-12/20	12:15-1 pm	\$20/\$25	Blossom

# Fitness and Sports

## Drums Alive

Try this exciting new class using a stability ball and drum sticks. Get your heart pumping, strengthen your lungs, and improve endurance. This class is adaptable to most fitness levels. Instructor: Delgado-Alba

Course	Day, Date	Time	Cost	Location
10435	M, 9/9-11/18	2-2:45 pm	\$45/\$56	Carnation
10792	Th, 9/12-11/14	2:15-3 pm	\$45/\$56	Carnation
<b>Mini Session</b>				
10400	M, 12/2-12/16	2-2:45 pm	\$18/\$22	Carnation
10793	Th, 12/5-12/19	2:15-3 pm	\$18/\$22	Carnation

## Easy Feet

Use fun, energetic music to learn easy-to-follow patterns including basic dance movements, and receive a great light-cardio workout. Appropriate for beginners. Instructor: Finn

Course	Day, Date	Time	Cost	Location
10412	W, 9/11-11/20	11:15 am-12 pm	\$25/\$30	Exercise Rm
10424	F, 9/13-11/8	11:15 am-12 pm	\$38/\$47	Exercise Rm

### Mini Session

10388	F, 12/6-12/20	11:15 am-12 pm	\$15/\$19	Exercise Rm
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## Easy Zumba

Combine fun, energetic and motivating music with easy-to-follow movements and dance away your worries. Zumba is great for the body and mind. Appropriate for beginners. \*Wednesday's class will be held in the Carnation room. Instructor: Serrano-Gonzalez.

Course	Day, Date	Time	Cost	Location
10453	M,W, 9/9-11/18	10-10:50 am	\$53/\$66	Exercise Rm*

### Mini Session

10407	M,W, 12/2-12/18	10-10:50 am	\$20/\$25	Exercise Rm*
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## Foam Rolling

This class will help you sooth tight muscles by using a foam roll for self-massage. Release tension and speed up muscle recovery in as little as 30 minutes. For the active participant. This class includes work done on the mat. Instructor: Ohlandt

Course	Day, Date	Time	Cost	Location
10805	Th, 9/12-11/7	12:15-12:45 pm	\$65/\$81	Lounge

## Forever Fit

Receive a total-body workout that combines cardio exercise, strength training and flexibility. All exercises are done standing or seated in a chair. No mat work will be done. This class is appropriate for most fitness levels. Instructors: Ohlandt, Finn\*

Course	Day, Date	Time	Cost	Location
10426	M, 9/9-11/18	12:10-12:50 pm	\$35/\$44	Exercise Rm
10460	Tu,Th, 9/10-11/7	10-10:50 am	\$65/\$81	Exercise Rm*
11204	W,9/11-11/13	4-4:50 pm	\$38/\$44	Exercise Rm

### Mini Session

10472	M, 12/2-12/16	12:10-12:50 pm	\$18/\$22	Exercise Rm
10413	Tu,Th, 12/3-12/19	10-10:50 am	\$25/\$31	Exercise Rm*

## Functional Training

While focusing on functional movement, this class includes routines designed to improve strength for all muscle groups. Supercharge your workout, boost your metabolism, burn fat and reach your fitness goals. Participants use weights and mats. This work out is for most fitness levels. Instructor: Owen

Course	Day, Date	Time	Cost	Location
10439	Sa, 9/14-11/9	10-11 am	\$50/\$62	Exercise Rm

### Mini Session

10392	Sa, 12/7-12/21	10-11 am	\$18/\$22	Exercise Rm
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## Hot Zumba Moves

Increase your energy with exciting dance moves. This class is taught using percussion instruments along with Latin-based music. Have a total-body workout and reduce stress levels while having fun dancing. Appropriate for active participants who can walk and turn with ease. Instructor: Serrano-Gonzalez; Delgado-Alba

Course	Day, Date	Time	Cost	Location
10440	Tu, 9/10-11/5	2:15-3 pm	\$48/\$60	Exercise Rm

## Did you know...

The Senior Sports and Fitness Division  
host up to 84 programs a session!



## Latin Cardio Bilingual

Esta clase inspirada en musica Latina, es apropiada para principiantes. 'Latin Cardio' está diseñada para ayudarle a ejercitar todo su cuerpo mientras se divierte bailando. Las instrucciones se proveerán en español e inglés. This Latin-inspired class is appropriate for beginners. Latin Cardio is designed to help you get a total body workout while having fun dancing. Instructions provided in Spanish and English. Instructor: Vivar

Course	Day, Date	Time	Cost	Location
<b>10425</b>	F, 9/13-11/8	10:45-11:35 am	\$35/\$44	TCRC
<b>Mini Session</b>				
<b>10384</b>	F, 12/6-12/20	10:45-11:35 am	\$15/\$18	TCRC

## On Your Feet — Yoga Blend

Class includes basic yoga poses in a slow and easy pattern, adding elements of balance and core-strengthening exercises, in a standing or seated position. No mat work involved. Instructor: Finn

Course	Day, Date	Time	Cost	Location
<b>10441</b>	W, 9/11-11/13	1:15-2 pm	\$50/\$62	Exercise Rm
<b>10442</b>	F, 9/13-11/8	12:15-1 pm	\$50/\$62	Exercise Rm
<b>Mini Session</b>				
<b>10395</b>	W, 12/4-12/18	1:15-2 pm	\$20/\$25	Exercise Rm
<b>10396</b>	F, 12/6-12/20	12:15-1 pm	\$20/\$25	Exercise Rm

## Ask the Wellness Coach!

*Ask questions about nutrition, diet and general health.*

Call for your free 15-minute appointment or stop by the Rockville Senior Center Fitness Room desk. Available to fitness center members only.

**240-314-8813**

(Fitness Center members only.)

## Pilates Basics

Learn basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats (provided). Class is appropriate for beginners. Note: Every third Thursday, class held in Lounge. Instructor: Finn

Course	Day, Date	Time	Cost	Location
<b>10456</b>	Th, 9/12-11/7	11-11:45 am	\$58/\$72	Carnation
<b>Mini Session</b>				
<b>10408</b>	Th, 12/5-12/19	11-11:45 am	\$20/\$25	Carnation

## Pilates — Intermediate Workout

Participants should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises target abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Instructor: Ford

Course	Day, Date	Time	Cost	Location
<b>10457</b>	Th, 9/12-11/7	2:15-3 pm	\$58/\$72	Exercise Rm

## Pre-hab Training

Get in shape before your surgery and get back on your feet in less time. Our pre-hab specialist helps you recover faster by developing and implementing an exercise plan specific to your needs. This program includes eight individual one-hour sessions with the trainer. In addition, this program must begin no later than six weeks prior to scheduled surgery and requires medical clearance from your doctor. *Fitness Club members only.*

Course	Day	Time	Cost	Location
<b>10465</b>	M-Sa	8 am-6 pm	\$315	Fitness

## Post-rehab Training

Have you completed your rehabilitation program with your doctor or physical therapist? Let us help you continue on your road to recovery. Our post-rehab specialist works together with your medical professionals to develop a safe and effective fitness plan. Includes eight individual one-hour sessions with the trainer. This program requires medical clearance from your doctor or physical therapist. *Fitness Club members only.*

Course	Day	Time	Cost	Location
<b>10464</b>	M-S	8 am-6 pm	\$315	Fitness

## Fitness Club

*Interested in becoming a Fitness Club member? Workout in our state-of-the-art fitness room. Basic exercise machine training is required for new members. Instruction is offered by appointment only. You must be a Senior Center member to join. The Fitness Club membership fee is \$90 annually. Stop by the reception desk to set up your appointment. Some Saturday appointments available.*

## Basic Exercise Machine Training

Basic exercise machine training is required of all new Fitness Club members. This is done by appointment only. Appointments can be made at the front desk. \$15.

## Personal Trainer

Let a nationally certified personal trainer design a program based on your individual needs. Includes initial evaluation. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. Some Saturday appointments are available. Fitness Club members only.

**Note: Price indicates increase as of Sept. 1.**

<b>One:</b>	One-Hour Session: \$52	Fitness Rm
<b>Two:</b>	One-Hour Sessions: \$100	Fitness Rm
<b>Three:</b>	One-Hour Sessions: \$142	Fitness Rm
<b>Six:</b>	One-Hour Sessions: \$262	Fitness Rm
<b>Ten:</b>	One-Hour Sessions: \$415	Fitness Rm

## Fitness Buddy

Are you in need of assistance while you exercise in our state-of-the-art fitness center? Let your fitness buddy help guide you through the equipment. Schedule an appointment and your buddy will work with you for one hour. This is not a personal training session. Must be a fitness room member. This is done by appointment only. Appointments can be made at the front desk. \$15.



**Hydrate!** It's important to stay hydrated throughout your workout.

## Soul Line Dance

This dance-based fitness class is appropriate for people of all fitness levels who like to shake their groove thing. Similar to its country cousin, soul-line dance is a set of steps and moves to soul and hip-hop music that's repeated facing all four walls. Learn the two step, shuffle and wobble, among others. Instructors: Hailey

Course	Day, Date	Time	Cost	Location
<b>10454</b>	Tu,Th, 9/10-11/7	6:30-7:30 pm	\$53/\$66	Exercise Rm
<b>Mini Session</b>				
<b>10410</b>	Tu,Th, 12/3-12/19	6:30-7:30 pm	\$20/\$25	Exercise Rm

## Strength Training Challenge

This class is designed to build muscle strength, endurance and improve balance. The instructor guides you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes. Class may include work on the mat. Instructor: Ramsey

Course	Day, Date	Time	Cost	Location
<b>10461</b>	Tu,Th, 9/10-11/7	9-9:45 am	\$65/\$81	Exercise Rm
<b>Mini Session</b>				
<b>10414</b>	Tu,Th, 12/3-12/19	9-9:45 am	\$25/\$31	Exercise Rm

## Strong 30™

An innovative and intense 30-minute, complete body exercise. During this workout, cardio and strength training are perfectly combined to music. There is no need to count reps since you are moving to the beat, pushing forward and burning more calories. For the very active participant. Instructor: Finn; Serrano-Gonzalez

Course	Day, Date	Time	Cost	Location
<b>10478</b>	Tu, 9/10-11/5	12:15-12:45 pm	\$49/\$65	Exercise Rm

## Did you know...



The Center for Disease Control (CDC) recommends at least 150 to 300 minutes a week of moderate-intensity physical activity or 75 to 100 minutes a week of vigorous-intensity physical activity.

## T'ai Chi Ch'uan Beg./Int.

Combine body movement, breathing and mental awareness to promote health and relaxation. This class incorporates and compares different styles of T'ai Chi, including aspects of history and culture. For Senior Center members only. Must be able to stand unassisted and turn with ease. Note: No class on 9/24. Instructor: Gegan

Course	Day, Date	Time	Cost	Location
10382	Tu,Th, 9/10-11/14	10-10:50 am	\$10	Carnation

## Total Conditioning Workout

This strength-building, non-cardio fitness class is designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels. This class may include work on the mat. Instructor: Klopfer

Course	Day, Date	Time	Cost	Location
10443	M, 9/9-11/18	9-9:45 am	\$50/\$62	Exercise Rm
10444	F, 9/13-11/8	9-9:45 am	\$50/\$62	Exercise Rm

### Mini Session

10405	M, 12/2-12/16	9-9:45 am	\$20/\$25	Exercise Rm
10406	F, 12/6-12/20	9-9:45 am	\$20/\$25	Exercise Rm

## Walking Series: Cabin John Regional Park

Enjoy the outdoors with this seasonal event. Join this walking series to increase your fitness level while experiencing some of our beautiful local trails. This program is designed for the active participant. Some trails may include uneven surfaces. Transportation will be provided. Bring a bag lunch. Instructor: Klopfer

Course	Day, Date	Time	Cost	Location
10383	Tu, 11/12	10 am-2:30 pm	\$12/\$15	RSC



## Senior Fit

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente. All participants must fill out a registration packet and hand it to the instructor when you arrive. **\*Note: First Wednesday of every month class is held at Lincoln Park Community Center.**

Day	Time	Cost	Location
M & W	1:30-2:15 pm	Free	Exercise Rm*
M & W	2:20-3:05 pm	Free	Exercise Rm*

## Walking Strong

Any time is a great time to commit to a walking program. Feel and look better while getting healthier. This is a safe and fun indoor walking class that includes muscle-boosting exercises to increase circulation, boost your immune system and burn calories. Walk approximately 1 mile each class. \*Tuesday class will be held in the Carnation Room. Instructor: Owen

Course	Day, Date	Time	Cost	Location
10417	Tu,Th, 9/10-11/7	12:15-12:45 pm	\$30/\$37	Exercise Rm*

### Mini Session

10387	Tu,Th, 12/3-12/19	12:15-12:45 pm	\$18/\$22	Exercise Rm*
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## Yo-Chi and Balance

This mind-body class combines standing yoga poses with Chinese T'ai Chi movement patterns to enhance balance. This fusion program improves stability, strength, mobility and flexibility by combining the two oldest mind-body programs. Modifications are available. Class is for most fitness levels. Bring a yoga sticky mat. Instructor: Serrano-Gonzalez

Course	Day, Date	Time	Cost	Location
10427	M, 9/9-11/18	1-1:45 pm	\$40/\$50	Exercise Rm
10390	M, 12/2-12/16	1-1:45 pm	\$18/\$22	Exercise Rm

**Did you know?** All of our fitness instructors and personal trainers are nationally certified.



# Fitness and Sports

## Yoga Flow

Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. This class includes work done on the mat. Please bring a yoga sticky mat. Instructor: England, Chowdhury\*

Course	Day, Date	Time	Cost	Location
10447	M, 9/9-11/18	6:30-7:30 pm	\$48/\$60	Exercise Rm
10449	W, 9/11-11/13	5:45-6:45 pm	\$48/\$60	Exercise Rm*

### Mini Session

10473	M, 12/2-12/16	6:30-7:30 pm	\$20/\$25	Exercise Rm
10409	W, 12/4-12/18	5:45-6:45 pm	\$20/\$25	Exercise Rm*

## Yoga for You

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Bring a yoga sticky mat. This class includes work done on the mat. Instructor: Figliore

Course	Day, Date	Time	Cost	Location
10463	W, F, 9/11-11/13	(W)10-11 am (F)9:50-10:50 am	\$95/\$119	Exercise Rm

### Mini Session

10429	W, F, 12/4-12/20	(W)9:50-10:50 am (F)10-11am	\$35/\$44	Exercise Rm
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## Yoga-lates on the Ball

Tone, strengthen and stretch your muscles in this dynamic total-body conditioning workout using the stability ball. Increase body awareness, balance and coordination through core stability, using yoga and Pilates. Instructor: Ford

Course	Day, Date	Time	Cost	Location
10455	W, 9/11-11/13	8:45-9:30 am	\$55/\$69	Exercise Rm

### Mini Session

10415	W, 12/4-12/18	8:45-9:30 am	\$25/\$31	Exercise Rm
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## Zumba Gold

This easy Latin and internationally inspired program is designed for beginners. It creates a party-like atmosphere that is fun and effective. Zumba Gold is great for the body, mind and soul. Enjoy dancing while receiving a total-body workout. Instructor: Ford

Course	Day, Date	Time	Cost	Location
10432	M, 9/9-11/18	5-6 pm	\$40/\$50	Exercise Rm
10477	W, 9/11-11/13	5-6 pm	\$40/\$50	Exercise Rm

### Mini Session

10389	M, 12/2-12/16	5-6 pm	\$18/\$22	Exercise Rm
10476	W, 12/4-12/18	5-6 pm	\$18/\$22	Exercise Rm

## Zumba Party

If you like music and dancing, come join the Zumba Party. Get a taste for salsa, merengue and other Latin dances. Learn the moves as you go. Instruction will be provided. All levels of experience are welcome. Instructor: Serrano-Gonzalez. Instructor: Klopfer

Course	Day, Date	Time	Cost	Location
10794	Th, 10/31	1:30-3 pm	\$5/\$8	Carnation Rm

## Instructional/Sports

### Table Tennis – Beginner

This class is for those with little or no experience who want to learn techniques, basic rules and scoring. Not only fun to play, the game helps increase dexterity, flexibility, coordination and reflexes.

Course	Day, Date	Time	Cost	Location
10419	M, 9/30-11/4	1-2 pm	\$30/\$38	Game Rm
11206	Tu, 10/1-11/15	1-2 pm	\$30/\$38	Game Rm

### Table Tennis – Intermediate

This class is for those who have a basic knowledge of the rules and scoring and have experience playing. Not only is the game fun to play, it aids dexterity, flexibility and coordination.

Course	Day, Date	Time	Cost	Location
10420	W, 10/2-11/6	1-2 pm	\$30/\$38	Game Rm
10421	F, 10/4-11/8	1-2 pm	\$30/\$38	Game Rm

## Leagues/Sports

### Badminton

Learn to play or improve your game. Played at Twinbrook Comm. Rec. Center, 12920 Twinbrook Pkwy., which has a wood court. Free to Senior Center members and Rockville residents.

Course	Day, Date	Time	Cost	Location
10374	W, F, 9/11-12/20	8:45-9:45 am	Free	TCRC Gym

## Game Room Activities

Play pool and table tennis daily in the Senior Center game room. Open 8:30 a.m.-7 p.m. Monday and Wednesday, 8:30 a.m.- 5 p.m. Tuesday, Thursday and Friday, and 8:30 a.m.-2:45 p.m. Saturday. Practice games, clinics and instruction are held regularly. Table tennis is also available at Twinbrook Community Recreation Center from 9-10 a.m. Wednesday. *For Senior Center members only.*

Course	Day, Date	Time	Cost
10373	Ongoing	See above	Free

## Newcomb Volleyball

Join us for a different kind of volleyball in which players toss and catch the ball instead of hitting it over the net. Beginners, as well as experienced players, are welcome. Free to Senior Center members and Rockville residents. Played at Twinbrook Comm. Rec. Center, 12920 Twinbrook Pkwy.

Course	Day, Date	Time	Cost	Location
10376	W,F, 9/11-12/20	10-11 am	Free	TCRC Gym

## ROGue Tennis

ROGue Tennis is played indoors with a foam ball on a smaller court, so play is easy and fun. Special tennis balls bounce lower and move slower through the air, making them easier to hit. This class is appropriate for beginners. All equipment is provided.

Course	Day, Date	Time	Cost	Location
10385	M, 9/16-10/28	3:15-4:30 pm	\$15/\$18	Exercise Rm

## Ten Pin Rockin' Rollers

When was the last time someone cheered for you? Come out and bowl with us. New members welcome. A weekly \$9 fee is payable directly to Bowl America\* (Clopper Road, Gaithersburg) on day of play. Includes three games and shoe rental. Organizer: Jaques

Course	Day, Date	Time	Cost	Location
10375	Th, 9/12-12/19	1-3 pm	\$9/Wk	*

**Did you know...** Exercising in water puts less strain on your joints while giving you a great workout.

## Senior Swim

Swim classes are at the Rockville Swim Center, (RSFC). *Must be a swim center member to receive discounts.*

## 60-Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Workout while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used. **Age: 60+**

Course	Day, Date	Time	Cost	Location
10822	Tu, 9/3-12/17	2:05-2:50 pm	\$36M/\$45NM	RSFC
10817	Th, 9/5-12/19	2:05-2:50 pm	\$34M/\$42NM	RSFC

## Senior Aquacize – Beginner

Seniors benefit from exercising in the water. Get a gentle workout and join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Swimming skills not required. **Age: 60+**

Course	Day, Date	Time	Cost	Location
10821	W, 9/4-12/18	10:10-10:55 am	\$36M/\$45NM	RSFC
10810	F, 9/6-12/20	10:10-10:55 am	\$34M/\$42NM	RSFC
10809	M, 9/9-12/16	10:10-10:55 am	\$34M/\$42NM	RSFC

## Senior Aquacize – Advanced

This swim course is similar to Beginner Senior Aquacize, only faster paced. (Meets outside during the summer session.) **Age: 60+**

Course	Day, Date	Time	Cost	Location
10823	W, 9/4-12/18	11:05-11:50 am	\$36M/\$45NM	RSFC
10818	F, 9/6-12/20	11:05-11:50 am	\$34M/\$42NM	RSFC
10819	M, 9/9-12/16	11:05-11:50 am	\$34M/\$42NM	RSFC

## Senior Exercise Swim

Stop those aches and pains. Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Perfect for anyone looking for a mid-day boost. Swimming skills not required. **Age: 60+**

Course	Day, Date	Time	Cost	Location
10820	W, 9/4-12/18	2:35-3:20 pm	\$36M/\$45NM	RSFC
10808	M, 9/9-12/16	2:35-3:20 pm	\$34M/\$42NM	RSFC

## Demystifying Your Thyroid

Your thyroid is a small endocrine gland that affects almost every process in the body. However, issues with your thyroid are very common, with an estimated 20-million Americans facing complications. Dr. Vaninder Dhillon, otolaryngology at Johns Hopkins Community Physicians, will review the signs and symptoms of various thyroid diseases including hyperthyroidism, hypothyroidism, goiter and surgical options for treatment. She will also discuss when to get your thyroid examined and risk factors for thyroid cancer.

Course	Day, Date	Time	Cost	Location
10608	Th, 10/24	1-2 pm	Free	Azalea

## Introduction to Jin Shin Jyutsu: Self-Help for Healing and Optimum Health

Jin Shin Jyutsu is an ancient healing art that helps balance the body's energy and promotes optimum health and healing. Simple self-help will be taught for daily maintenance and to help you with issues such as stress, anxiety, preventing colds, breathing issues, headaches and much more! This introductory workshop is taught by Betty Figlure, BA, MSC, LMT, certified yoga instructor and Jin Shin practitioner for over 35 years! Join us to learn how you can help yourself and others!

Course	Day, Date	Time	Cost	Location
10605	W, 11/6	1-2:30 pm	Free	Azalea

## Moving Forward with Parkinson's Disease

Whether it is your genetic makeup or environmental factors, certain triggers put us at risk for developing Parkinson's disease. Although there is still much to learn about this neurodegenerative brain disorder, discover current research and findings from Dr. Kelly Mills, a Johns Hopkins assistant professor of neurology for the Movement Disorder Division.

Course	Day, Date	Time	Cost	Location
10579	Th, 11/14	1-2 pm	Free	Azalea



**Did you know...** Rockville Senior Center members get a significant discount on Senior Center Building rentals?



## Living Well Self-Management Workshop

Join this FREE six week workshop to help you enjoy a healthier life! Learn how to maximize your potential even when a long-term health condition may require you to alter your activities. Discover new ways to break the "symptom cycle." Living well means coping with ongoing health problems such as: heart disease, asthma, Parkinson's disease, high blood pressure, diabetes, mild depression, breathing problems, osteoporosis, obesity and arthritis. Anyone living with a long-term health condition is welcome to attend as well as family members, caregivers, and friends. This evidence-based curriculum was developed by Stanford University with support from Kaiser Permanente. Sponsored by Community Health Dept. of Holy Cross Health and Montgomery County Health & Human Services.

Course	Day, Date	Time	Cost	Location
10624	Tu, 11/5-12/10	10:30 am-1 pm	Free	Board

## Random Acts of Kindness

Nov. 13 is World Kindness Day! Kindness is a fundamental part of the human condition which bridges the divide of race, religion, politics, gender and zip codes. Come and join us for a presentation and discussion as we explore the science and health benefits of being kind. Presented by Adventist HealthCare.

Course	Day, Date	Time	Cost	Location
10607	W, 11/13	1-2 pm	Free	Azalea



## Senior Citizens Commission

The commission is appointed by the Mayor and Council. The commission identifies issues that support making Rockville a community where seniors choose to remain and live a healthy, safe and active life.

## Retirement Lifestyles

**NEW!**

This presentation defines different types of senior care options, both at-home and community based, including companion care, home care, home health, independent living, assisted living, nursing homes, and memory care. Participants will learn about the types of care, the benefits of each, the common profile of people who use them, and in what ways someone can pay for each type of care. There will be time for questions and advice. Presented by Tim Howard, advisor, Senior Retirement Lifestyles.

Course	Day, Date	Time	Cost	Location
10583	W, 10/16	1-2 pm	Free	Azalea

## Stress Reduction/Meditation

This class offers the tools to focus, relax and come to a more peaceful sense of being. There is time for both meditation and discussion. Betty Figure has taught meditation, guided imagery and stress reduction classes for over 30 years.

Course	Day, Date	Time	Cost	Location
10644	M, 10/7-12/9	1-2 pm	\$30/\$40	Board

## Stroke, Signs & Symptoms: What You Should Know

Dr. Mary Cobb, director of cerebrovascular neurosurgery for Adventist HealthCare will lead a special discussion about strokes; what you need to know Beyond F.A.S.T and what can make a difference in the life of someone you love. Presentation followed by Q&A.

Course	Day, Date	Time	Cost	Location
10606	Th, 10/17	1-2 pm	Free	Azalea

## Get Your Flu Shot...

**Members:** Tuesday, Sept. 24, 10 a.m.-1 p.m.

**Nonmembers:** Thursday, Oct. 10, 10 a.m.-1 p.m.

## Workshop on Vehicle Technology **NEW!**

Technology is changing the driving experience. The Smart Driver TEK workshop, developed jointly by AARP Driver Safety and The Hartford, will keep you in the know about the latest high-tech safety features in your current or future car. Learn all about blind-spot warning systems, forward collision warnings, smart headlights and more. Presented by Ken Ow, BA, MD state tech driver safety instructor and certified driver safety instructor, SDTEK workshop leader, CarFit Coordinator Technician, MoCo Emergency Response Team.

Course	Day, Date	Time	Cost	Location
10586	Tu, 10/15	1-2:30 pm	Free	Azalea

## Hispanic Festival

**Friday, Sept. 27**

**10:30 a.m.-1 p.m.**

An annual celebration that includes entertainment and food.

Course #10251 • Cost: \$15

# Support Resources

## Being Mortal

Join us for a screening and discussion of the PBS FRONTLINE film, "Being Mortal." Based on the best-selling book by Atul Gawande, MD, this documentary explores the hopes of patients and families facing terminal illness and their relationships with the physicians who treat them.

Course	Day, Date	Time	Cost	Location
10769	Th, 10/10	1-3 pm	Free	Azalea

## Welcome to Medicare/

### Bienvenido a Medicare • EN ESPAÑOL •

Medicare is health insurance for people 65 or older, certain people under 65 with disabilities, and people of any age with End-Stage Renal Disease. Learn the basics of Medicare A, B, C, D.

Medicare es un seguro de salud para personas de 65 años o más, ciertas personas menores de 65 con discapacidades y personas de cualquier edad con enfermedad renal terminal. Aprenda los fundamentos de Medicare A, B, C, D.

Course	Day, Date	Time	Cost	Location
10774	W, 8/21	10-11:30 am	Free	Azalea

## CAREgiving

Family caregivers are a vital part of our community. Montgomery County Aging and Disability Services offers individuals and their caregivers helpful information and support. Lylie (Lynette) Fisher, program manager, Caregiver Support Program, Area Agency on Aging will share what's available through the county and our partners.

Course	Day, Date	Time	Cost	Location
10779	W, 9/18	10-11 am	Free	Board

## Financial Exploitation: Protecting Yourself from Scams

Losing money or property to scams and frauds can be devastating. As concerns about older adult financial abuse and exploitation continue to rise, Maryland Consumer Rights Coalition, (MCRC) is working to educate older adults on how to protect themselves. MCRC encourages older adults to take the necessary steps to protect themselves from financial fraud.

Course	Day, Date	Time	Cost	Location
10777	W, 10/2	2-3 pm	Free	Board

## LGBTQ Friendly Community

Join representatives of the Leisure World LGBTQ Alliance and D.C. Metro PFLAG for an informal information session. Come learn about the group, its programs and events. Bring your questions, since this will be an interactive discussion.

Course	Day, Date	Time	Cost	Location
10785	M, 11/4	10-11 am	Free	Blossom

## Fire Safety – Batteries and more

You wouldn't drink expired milk. Don't use expired smoke alarms. Smoke alarms are an essential part of your fire safety strategy. All smoke alarms (battery-powered & hard-wired) need to be replaced EVERY 10 years. Let Jim Resnick provide you with tips and resources for a safer home.

Course	Day, Date	Time	Cost	Location
10653	Th, 10/3	10:30-11:30 am	Free	Card

## Loneliness

Social isolation occurs when an individual lacks connection and exchange with other people. Isolation is not the same as feeling lonely. The class will focus on creating awareness, teaching individuals how to maintain and strengthen ties to family and friends and assisting older adults in expanding their social circles.

Course	Day, Date	Time	Cost	Location
10771	W, 11/6	10:30 am-12 pm	Free	Azalea

## Medicare Open Enrollment Seminar

Open enrollment is your opportunity to make changes, you can: change plans, opt in/out of the State Health Plan, add dependents and remove dependents. Learn your options with Senior Health Insurance Program (SHIP).

*La inscripción abierta open enrollment spanish:* La inscripción abierta es su oportunidad para hacer cambios, puede: cplanes de hange, oPT in/out del plan de salud del estado, unDD dependientes y reliminar dependientes. Aprenda sus opciones con el programa de seguro médico Senior (Ship).

Course	Day, Date	Time	Cost	Location
10773	Th, 9/12-Spanish	10-11:30 am	Free	Azalea
10772	Tu, 9/24-English	10-11:30 am	Free	Azalea

## Memory Cafe

Alzheimer's Association Memory Cafes offer a fun and relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. Meets first and third Monday of the month. Bring you a bag lunch and meet people! Must call Sheila Griffith for preregistration screening at 240-428-1342.

Course	Day, Date	Time	Cost	Location
10775	M, 0/7-12/16	12-1 pm	Free	Azalea

## Tax Season and Scam

Resolving IRS tax problems can be stressful. Attorney John Pontius of Pontius Tax Law will discuss resolution options for taxpayers with unfiled tax returns, large unpaid tax bills, liens/levies, and audit examinations. He will also discuss how to avoid tax scams and new tax laws. Free

Course	Day, Date	Time	Cost	Location
10778	Tu, 10/29	10 am-12 pm	Free	Azalea

## Staff Chat

Meet a staff member monthly in the lunch room. First Wednesday of the month.

Day, Date	Time	Cost	Location
W, 10/2-12/4	10-10:30 am	Free	Dining

## Winter Preparation

Create checklists and get resources that will keep you stay safe and secure in case of cold weather emergencies. Instructor: Jones

Course	Day, Date	Time	Cost	Location
10770	W, 10/30	11 am-12 pm	Free	Azalea

## Positive Aging Programs

*Take this unique opportunity to meet with fellow seniors and chat about the day, current events or hobbies. Make new friends and learn something new.*

## Planning for Your Care Before a Crisis

Many of us do not think about the care we may need in our senior years. Join this six-session group to learn about in-home care options, respite care, rehab, assisted living and nursing homes and what pays for what. We will go over a living will and health-care power of attorney.

Class is held the first and third Tuesday of the month.

Course	Day, Date	Time	Cost	Location
10780	Tu, 10/1-12/17	1-2:30 pm	Free	Multi

## Women Living Alone Support Group

*How to Live Alone and Not Be Lonely:* A long-standing open-enrollment support group that helps each other through listening, as well as offering tips, suggestions and advice for a variety of issues. First and third Thursdays.

Course	Day, Date	Time	Cost	Location
10783	Th, 10/3-12/19	1-2:30 pm	Free	Card Rm

## Brain Games to Stay Brain Fit

Join others to learn about and play games to cross train your brain. The areas of your brain that decay slightly with normal aging are: memory; word recall (language); attention; visual and spatial awareness; brain speed and reflex; recognition; and intellect (learning). We review the literature on brain function while aging as well. Class is held the second and fourth Tuesday.

Course	Day, Date	Time	Cost	Location
10782	Tu, 10/8-12/24	1-2:30 pm	Free	Carnation

## Preparing for the Negative Emotions of the Holiday Season

The holidays are fun and stressful. Join this six-session group to learn proactive techniques to address the stress; combat isolation, minimize family conflict, handle your emotional reaction to shorter days, and assess yourself for anxiety and depression. Class is held the second and fourth Thursday.

Course	Day, Date	Time	Cost	Location
10781	Th, 10/10-12/26	1-2:30 pm	Free	Multi

## Emotional Health

One retires, downsizes, faces health issues, suffers loss, etc. This workshop will address how to handle the stressors unique to the senior years. The goal is to manage one's emotions such that they do not impair daily functioning and quality of life.

Course	Day, Date	Time	Cost	Location
10784	Tu, 10/29	1-2:30 pm	Free	Azalea



## Daily Lunch

Hot and cold lunches are available at noon, Monday-Friday.

Participants contribute as much as they are able toward the cost of the meal (\$5.72). Reservations required 24 hours in advance: 240-314-8810.

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## Have Questions?

Call 240-314-8800 or email us at [seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov)

## Developing Villages in Rockville

### Twinbrook Village

Contact:

[Twinbrookvillage@gmail.com](mailto:Twinbrookvillage@gmail.com) and [communitywildlifehabitat@gmail.com](mailto:communitywildlifehabitat@gmail.com)

### King Farm Neighbors Village

Contact:

[kfnvinfo@gmail.com](mailto:kfnvinfo@gmail.com)  
301-799-8104

### FELD Village (West End)

Contact:

[nonny62@verizon.net](mailto:nonny62@verizon.net)

### Pump House Village (East Rockville)

Contact:

[pumphousevillage@gmail.com](mailto:pumphousevillage@gmail.com)

## Senior Transportation

*Are you 60-plus, live in the city limits of Rockville and need a ride to the center or to the grocery store?*

**Monday to Friday:** Pick up (*for those who call in advance schedule*): Approx. 9 a.m. and approx. 11 a.m.  
Take home times: Noon • 1 p.m. • 2:30 p.m. • 3:30 p.m.

Bus is for City of Rockville residents aged 60 and older.

Please see or call the transportation office for a reservation: 240-314-8810.

Please call before 2 p.m. the day before and Friday for a Monday pickup.

## Rockville Emergency Assistance Program (REAP)

Emergency assistance is available for eligible City of Rockville seniors, 60 and older, experiencing a financial crisis, such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided.

Contact:

Martha McClelland; 240-314-8816,  
or Andrea Rogers; 240-314-8817.

## Benefits of Senior Center Membership include:

Discounts on Senior Programs  
Discounts on Rentals  
DVD Rentals  
Eligibility to Join the Fitness Center  
Early Class Registration  
Drop-in Programs  
Discounts in all  
Rockville Adult Classes  
Eligibility for Senior Garden Plots

## Resource Refresher

- Information and resource referrals
- Customized individual assistance
- Home visits from staff
- Emergency financial assistance
- Financial assistance for center memberships and classes
- Health education
- Immunizations
- Blood pressure screenings
- Body composition screenings
- Medical equipment loan closet
- Wellness counseling
- Individual counseling and support groups
- Bus service to the Rockville Senior Center
- Bus service to shopping
- Subsidized taxi coupons
- Home evaluations on repair and safety needs
- Help determining the appropriate service provider to call
- An up-to-date list of area contractors
- Snow removal
- Care management on low incomes.
- Daily lunch at noon
- Weekly Chinese lunch
- Computer and technology
- Digital photography
- ESOL (English for Speakers of Other Languages)
- Citizenship
- Language classes
- Free Notary Services

# General Information

## Registration Begins:

- Member registration begins Tuesday, July 30 *and*
- Nonmember registration begins Thursday, Aug. 1.

## Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

## Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

## Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: Adults 60+ programs \$15; swim \$15.

## Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists.

## Program Assistance Fund:

- Tax-deductible donations to this fund are accepted at the front desk of the senior center or through the check off box on the registration form.

**Most convenient method.  
7 days a week.**

### 1. Online:

[www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation)

### 2. Fax to:

Rockville Senior Center: 240-314-8809

### 3. Mail to:

Rockville Senior Center  
1150 Carnation Drive 20850

### 4. Walk-In:

The Senior Center walk-in hours are Monday-Friday 8:30 a.m.-5 p.m. Rockville City Hall and community centers accept walk in registrations. Please call for operating hours to avoid unnecessary trips. Membership can only be processed in person at the Rockville Senior Center.

## Program Assistance Fund

The program helps Rockville residents 60-plus needing assistance paying for membership, classes and trips. Please call 240-314-8810 for additional questions. Photo ID and/or verification document that you live in the city limits of Rockville and income documents are required.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at [www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration).

Online Donation	Course #s
\$10.00	#2239
\$25.00	#2240
\$50.00	#2241
\$75.00	#2242
\$100.00	#2243

Donations by check may be made out in any amount.

Mail to: Rockville Senior Center  
1150 Carnation Drive, Rockville, MD 20850

## Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program, or if you prefer, we will give you a credit. That's our Customer Satisfaction Guarantee to you.



# Registration Form

## Contact Information | Información del contacto

Last Name   Apellido*	First Name   Nombre*	Birthday   Fecha de nacimiento (mm/dd/yy)*	Email*
Address   Dirección*		City   Ciudad*	State   Estado* Zip   Código postal*
Home Phone   Teléfono de Casa*		Work Phone   Teléfono de Trabajo	Cell Phone   Celular

## Emergency Contact | Contacto de Emergencia

Name   Nombre*	Relationship   Relación*	Phone   Teléfono*
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Activity Name Nombre de la Actividad	Activity Number Número	Fees* Costo*

Contribution to Program Assistance Fund: \$10 \_\_\_\_\_ \$25 \_\_\_\_\_ \$50 \_\_\_\_\_ Other \$ \_\_\_\_\_

Processed by Check, Cash, Charge	Date Processed:	Total Paid: \$	Total Amount Due: Cantidad Total:
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**Program Modifications:** Participants with disabilities should contact our office prior to activity.

## Payment | Pago

Name on Card   Nombre en la tarjeta	Credit Card Number   Número en la Tarjeta de Crédito	Security Code   Código de Seguridad	Expiration Date   Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)			
<input type="checkbox"/> Visa   <input type="checkbox"/> Mastercard   <input type="checkbox"/> Cash   <input type="checkbox"/> Check # _____		City   Ciudad	State   Estado Zip   Código Postal
Cardholder Signature   Firma del Dueño de la Tarjeta			

## Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering a facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está en buena forma física y es médicamente capaz. Participantes (o padre o tutor en nombre de un participante menor de edad) asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, o un padre o tutor en nombre de un hijo menor de edad pudiera derivarse de o como resultado de la participación en el programa. El participante (o el padre o tutor en nombre de un participante menor de edad) concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de el personal es responsable de los participantes antes o después del programa. Al participar en un programa de la Ciudad de Rockville, el Departamento de Recreación y Parques y / o ingresar a un centro, acepto seguir todas las normas publicadas y / o publicadas y las instrucciones del miembro del personal. La violación puede resultar en la eliminación del programa y / o la suspensión de la instalación.

\* Signature of Participant/Guardian | Firma del participante/tutor \_\_\_\_\_

## Senior Center Happenings:

### **All-Day Exercise • Wednesday, Aug. 28, 10 a.m.-2 p.m.**

Come preview a variety of classes that will be offered this fall. We'll have several 25-minute class demonstrations offered throughout the day. Try as many as you would like. Course #9755; free.

### **Smores and Wine • Tuesday, Oct. 1, 4:30-6 p.m.**

Enjoy an evening with wine, smores, and friendship! Course #10323; free.

### **Annual Turkey Trot • Tuesday, Nov. 21, 10-11:30 a.m.**

Stay fit this holiday season by joining us for a mile through Woodley Gardens neighborhood. For those that want to burn off some extra calories, join us for a second mile. Please bring a canned food item to support our local food bank, or make a donation to our Senior Assistance Fund. Rain or Shine. Course #10379; free.

### **Holiday Bazaar • Saturday, Dec. 7, 9 a.m.-2 p.m.**

*Sponsored by Rockville Seniors, Inc.* Handmade crafts, book sale, raffle, bake sale, plant sale, gift and thrift shop. Lunch available for purchase.



**Rockville residents can register to vote at  
[www.rockvillemd.gov/election](http://www.rockvillemd.gov/election)**

The city will conduct a Vote by Mail election for mayor and four councilmembers on Tuesday, Nov. 5, 2019. Ballots must be returned by mail or in person at City Hall, 111 Maryland Ave. All ballots must be received by 8 p.m. on Tuesday, Nov. 5, 2019.